



Notice & Listen Walk

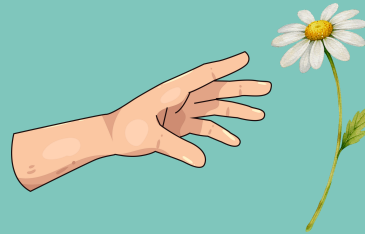
Let's go on a walk and use our ears, eyes, and heart to notice the world around us.

What can you SEE?



Look for something beautiful or interesting.

What can you TOUCH?



Use your hands.
What do you feel?

What can you HEAR?



Listen for sounds.
What do you hear?



colors



shapes



patterns



tiny details



movement



something small



something big



sun on your skin



a breeze



rough bark



crunchy leaves



cool or warm air



**the ground
beneath your feet**



birds



wind



leaves



water



footsteps



cars



your breath